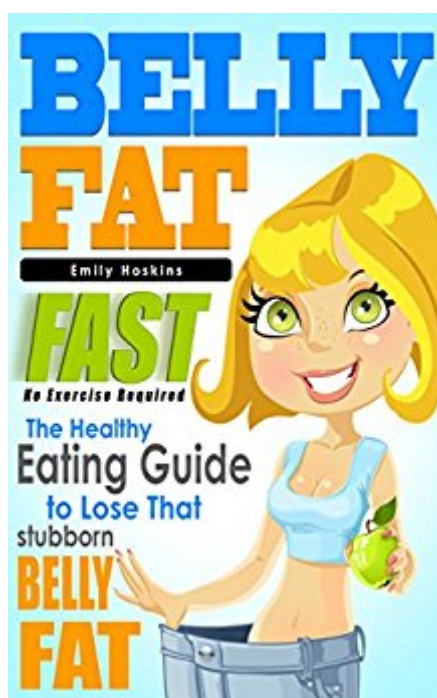


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Belly Fat: The Healthy Eating Guide To Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy Eating, Weight Loss For Women, Low Fat, ... Wheat, Detox, Grain Free, Gluten Free)



Synopsis

Belly Fat 2ND EDITION - The Healthy Guide to Lose that Stubborn Belly Fat - No Exercise Required Updated with new chapters and a ton of new pages, Jam-Packed full of useful information that will help you push through the barriers and get rid of that last bit of Belly Fat***FREE BONUS VIDEO INCLUDED AT THE END OF THE BOOK***This book contains amazingly effective tips to finally give the lean, flat belly you've always dreamed of!This book is your ultimate belly fat-shedding guide, and is filled with a plethora of useful tips, tricks and valuable information that will help you get that flat, lean and toned tummy you've always wanted! Let me ask you: Are you unhappy with that stubborn muffin top that never disappears? Does your annoying belly fat make you feel insecure about your body, and keep you from wearing your favorite clothing - particularly swimwear? Does it keep you from having enough confidence to wear that gorgeous bikini (the never-worn one that's been collecting dust in your closet) you've been dying to flaunt?If you're unhappy with your stubborn belly-fat, and have low-confidence because of it, then look no further! There's finally a way you can get rid of your belly fat, as well as those dreaded love handles - for good! Losing that extra fat on your belly can be an especially difficult. This is why we've created this highly informative and helpful belly fat-trimming guide to provide you with all of the information (including incredibly effective tips and tricks!) you need to help you lose the excess weight on your belly, allowing you to finally get the toned and lean body you have always dreamed of!Get ready to finally have a lean, flat and toned tummy - this book will show you how you can finally be bikini ready, and look incredible!***Includes various foods/ingredients that effortlessly melt stubborn belly fat!***Although this belly-fat shedding plan doesn't require physical exercise, we've even included a bonus of belly fat-melting exercises that will give you even better results! But that's not all! Act now to take advantage of a limited time FREE BONUS at the end of the bookI really want to help you towards YOUR perfect body and desired flat tummy once and for all. Get ready to start flattening your belly today!Scroll up and grab a copy today.

Book Information

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Customer Reviews

I've read so many belly fat diet books lately I'm gonna gonna go crazy! Lol As a health expert myself many more years than you've likely been alive, there is great in this concept and book. Just be sure to keep your perspective Cuz ultimately scientists say you can't burn fat specifically in one area. It's a whole body approach to health and wellness that works. I'm happy to say this book depicts just that. It focuses on strategies to better your food choices and explains how important it is to exercise regular. In a perfect world you'd really be able to target and blast belly fat. Well you can't. And the next best this is to read through this book and takes what works for you to create your ultimate master plan to lose weight, and hopefully tighten up that belly area too! Well done!

The biggest thing I learned out of this was how some foods turn our fat genes "on" causing seemingly irreversible weight gain and uncovers the essential power foods that act directly on those switches, turning them to "off" and allowing for easy, rapid, and sustainable weight loss. In this book you will discover what foods help to facilitate weight loss and the melting of body fat. You will also find out what foods help to keep the fat on the body and thus you can avoid consuming such foods. Hoskins also outlines some great exercises that will help to reduce the size of the belly. This book is fairly short but is very targeted in its approach providing solid and well established advice to ensuring longterm weight loss. The book breaks everything down to ensure that the reader can achieve results in a safe manner without crash dieting. Indeed an interesting approach to weight loss.

The book has simple and effective information that could be the start for a flat belly. All you need to

know about diet, exercise, giving up bad habits, foods you should eat, sleep routine, exercises. The information about postures was new for me and seems great. The book lists down the tips, tricks, methods and advice which will make you lose fat in the most natural way without interfering with the body functioning. Excellent information! The results are of course dependent upon one's actions and efforts.

Belly fat is the most common problem to those people who are gaining weight. This book is straightforward which makes it more realistic and easy to follow. I learn new techniques after reading this book for I am one of those people who had a problem with the fats in my belly. It was an interesting and informative read.

Losing belly fat, as I believe, requires exercise. It's a struggle to those whose metabolism is slow and those who loves eating. It's a wonder how one book can actually require no exercise in losing that fat we've been all wanting to get rid off. And I'm referring to this book which is offering a healthy eating guide to losing fat. This book suggests foods that can burn fats, those foods to avoid, and breathing exercises that can help lose belly fat. I learned that it is important that while we are on this type of diet, we should not skip meals as it will just make us hungry all the more which is a mistake made by many. I also discovered that the more you dance, the more you perform the breathing exercises in the last chapter and the more you are aware of your diet, the more likely you are to lose that belly fat. I appreciate how the author described Zumba as all about letting go of all those pent up emotions, which I agree with. It's about movement and rhythm and it's about exercising each of the parts of the body without even being aware that you are exercising. But despite these exercises mentioned, one can still follow the foods suggested in the book and need not do those tiring exercises. Aside from some formatting issues, I think this book is a good guide. Thanks, Emily!

This book is fantastic , after giving birth my weight was pretty much 16 lbs more,, :(-yes a lot of more! I was sad, depressed, I can't even see me at mirror, emotionally I was really affected, one day I was searching weight loss products and I found this book , all, I mean ALL the content inside were really helpful. By now I have 13 lbs less, my ideal weight. By me this book is highly recommended

Belly fat...it is the hardest part to lose when I'm trying to be fit specially during summer to get that beach body. This book has been helpful in giving me tips on what exercises to do, what foods to eat that helps burn belly fats, and some positive reinforcements. Fats on my belly has always been my

problem area, they are always the last ones to disappear and can really be hard to do so and maintain. I tried exercises that targets lower abdominal, though I know they are effective, I know also for a fact that it is not enough. It requires a great deal of discipline and commitment to the program to be effective. This book provided me the tips that I need to lose weight on my belly, it includes diet plan for belly fat, the type of foods I should eat and Also avoid, and exercises that will effectively help me lose my belly fat fast.

A Neat book if you are looking for right ways to correct your diet for your flat belly. My favorite was chapter 2. I eat oatmeal every morning and this book validated reasons why I feel so full for long after. Also gave me good ideas for snacking and some essential supplement I should incorporate daily in my diet.

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